

Lorelei Starr

Canton, Ohio
July 26, 2004

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Food Guide Pyramid Reassessment Team
USDA Center for Nutrition Policy and Promotion
3101 Park Center Drive, Room 1034
Alexandria, VA 22302

Dear Reassessment Team,

My name is Lorelei and I'm writing to share my thoughts on the USDA Food Guide Pyramid. My comments are based on my experience controlling carbohydrates, which have helped me to regain control of the health and weight of me and my husband.

Using the Atkins Nutritional approach I was able to loose over 100 pounds. I have kept it off for seven months. I have changed my lifestyle forever. This way of living is completely possible and satisfying. My husband was able to loose fifty pounds. His HDL level is at sixty and his triglycerides are forty. We are both at our ideal weight for our height. I take offense when Atkins is talked about as a fad diet. I see it as the only way to true health and well-being. One of my motivations for loosing the weight is the high risk for diabetes. I am gravely worried about the serious risk factors associated with obesity.

The U.S. Department of Agriculture blanketed the nation with messages about low-fat dieting from the 1970s to the present. In fact, U.S. government statistics for this time period clearly demonstrate that along with the dramatic decrease in dietary fat intake (from 40% to 33% of caloric intake) there was also a dramatic increase in the intake of refined carbohydrates, not only sugar but white flour. I believe that the Food Guide Pyramid's recommendations to increase refined carbohydrates have directly contributed to the twin epidemics of obesity and diabetes we now face in this country.

Please take these comments and the food guide pyramid submitted by the Atkins Health & Medical Information Services into consideration as you re-evaluate and redesign the Food Guide Pyramid.

Sincerely,
Lorelei Starr